

Thursday Classes

CHINESE FOLK DANCE

Date: 6/21 - 10/18

Time: 8:30 a.m. - 10:00 a.m.

Cost: See Instructor

Location: Dance & Movement Rm.

Instructor: P. Chen

The format of the class includes stretch and barre fundamentals followed by Chinese Folk Dance. Anyone can join regardless of prior dance experience. Besides getting in shape, you can also learn about Chinese culture and make new friends! **Contact Instructor P. Chen at (650) 949 - 5088 for registration.**



HIKE FOR HEALTH **MV-LA (No class 11/22)

Date: 9/20 - 11/29

Time: 8:30 a.m. - 3:30 p.m.

Cost: Age 55+ \$28/others \$92

Location: Arts & Crafts Room

Instructor: P. Noyes

Come hike with us to increase your fitness, make new friends, and forget about the urban congestion. Hikes range from 5-8 miles. Wear layered clothing, bring sun and insect protection, water, whistle, personal first aid kit, lunch and wear knobby-soled shoes or boots. Students must be willing to drive or carpool.

**See pg. 23 for enrollment information.



ADAPTIVE HATHA YOGA †Foothill (class meets M & Th) (No class 11/12, 11/22)

Date: 9/24 - 12/10

Time: 8:45 a.m. - 10:00 a.m.

Cost: Free

Location: Multipurpose Rm. A

Instructor: M. Alexander

Adaptive Hatha Yoga is a gentle yoga that addresses the art of aging. This class will promote strength and flexibility through balance, body alignment, and coordination, honoring our limitations of inflexibility, lessened strength, thinning bones, and limited mobility. Instruction will include modifications of the postures, breath techniques, relaxation, meditation, and cultivation of awareness and kindness towards ourselves. Wear loose-fitting clothing and bring a large towel. For new class members: a doctor's release is required when an injury, illness or accident has occurred within the last six months. † See pg. 23 for enrollment information.



ENGLISH AS A SECOND LANGUAGE (ESL)

Date: 9/6 - 12/20 (No class 11/12, 11/22, 11/23)

Cost: Free

- Four ability levels to choose from (see below)
- Class meetings 3 times per week: Mondays, Thursdays and Fridays.
- All classes include instruction in listening, speaking, reading, and writing.
- Please check with instructor for enrollment information.

BEGINNING LITERACY/LOW (No class 11/12, 11/22, 11/23)

Date: 9/6 - 12/20

Time: 8:45 a.m. - 10:15 a.m.

Location: Meeting Room

Instructor: S. Altus

This class is designed for students who have never studied English or for students who can read, write, understand and/or speak simple words and phrases.



BEGINNING HIGH (No class 11/12, 11/22, 11/23)

Date: 9/6 - 12/20

Time: 10:30 a.m. - 12:00 p.m.

Location: Meeting Room

Instructor: S. Altus

This class is designed for students who can read short articles and write several sentences in English. These students can also speak and understand common English words and phrases.



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INTERMEDIATE (No class 11/12, 11/22, 11/23)

Date: 9/6 - 12/20

Location: Multipurpose Rm. B

Time: 8:45 a.m. – 10:15 a.m.

Instructor: N. Ross

This class is designed for students who can read and write about familiar situations.

These students can participate in conversations about everyday subjects and subjects they are interested in.

ADVANCED LOW (No class 11/12, 11/22, 11/23)

Date: 9/6 - 12/20

Location: Multipurpose Rm. B

Time: 10:30 a.m. – 12:00 p.m.

Instructor: N. Ross

This class is designed for students who use English independently in most familiar situations.

MEET THE PC **MV-LA (class meets T & Th)

Date: 9/11 - 10/4

Location: Technology Room

Time: 9:00 a.m. - 11:30 a.m.

Instructor: P. Meek

Cost: Age 55+ \$20/others \$84

Use hands-on activities to learn the basic features and functions of your computer.

Learn to use the mouse, menus, and desktop icons. Explore application programs in word processing, drawing, games, and the Internet. **See pg. 23 for enrollment information.

SENDING AND RECEIVING EMAIL **MV-LA (class meets T & Th)

Date: 10/9 - 10/25

Location: Technology Room

Time: 9:00 a.m. - 11:30 a.m.

Instructor: P. Meek

Cost: Age 55+ \$20/others \$84

Students will be introduced to Yahoo email and creating a web account, and learn about sending online greetings and invitations. Learn to send and receive messages, use attachments, and download and save graphic files. You will create address books and contact groups and set up your mail preference to handle Spam mail. Prerequisite: "Meet the PC" (pg. 8,17) or equivalent. **See pg. 23 for enrollment information.

PHOTOSHOP ELEMENTS **MV-LA (class meets T & Th) (No class 11/22)

Date: 11/13 - 12/11

Location: Technology Room

Time: 9:00 a.m. - 11:30 a.m.

Instructor: P. Meek

Cost: Age 55+ \$20/others \$84

Want to enhance and edit your photos? Using Quick Fix and Standard Edit, learn to select, crop, clone, adjust color, add text and create professional looking photos. Practice printing single or multiple photos of different sizes. Bring in your digital camera. **See pg. 23 for enrollment information.



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CERAMICS - BASIC TECHNIQUES **MV-LA (No class 11/22)

Date: 9/20 - 11/29

Location: Arts & Crafts Room

Time: 9:30 a.m. - 12:30 p.m.

Instructor: S. Worley

Cost: Age 55+ \$20/others \$84*

Learn techniques, by hand and on the wheel, to build clay sculptures. Finishes for sculptures will be explored. Students will have completed pieces at the end of the session. *Materials furnished for small fee. **See pg. 23 for enrollment information.

QIGONG (MORNING) (No class 11/22)

Date: Ongoing

Location: Community Ctr~Rm #3

Time: 10:00 a.m. - 11:30 a.m.

Instructor: O. Wang

Cost: \$10/month

Qigong is a beautiful, flowing combination of movements and breathing techniques that stimulate energy flow. Promotes your natural resiliency to stress and illness. We start the class with energy tapping followed by 18 qigong movements, meridian brush to direct meridian flow. At the end, we practice T'ai Chi. **Please see instructor for enrollment information.**

GENERAL CONDITIONING †Foothill (class meets M & Th) (No class 11/12, 11/22)

Date: 9/24 - 12/10

Location: Multipurpose Rm. A

Time: 10:15 a.m. - 11:15 a.m.

Instructor: S. Lohmann

Cost: \$41 (fee includes both classes)

Warm-up, walking aerobics, toning, and stretching. Learn to strengthen your body. Mondays from 1:00 p.m. - 2:20 p.m. and Thursdays 10:15 a.m. - 11:15 a.m. † See pg. 23 for enrollment information.

EXPRESSIVE HATHA YOGA †Foothill (class meets M & Th) (No class 11/12, 11/22)

Date: 9/24 - 12/10

Location: Dance & Movement Rm.

Time: 10:30 a.m. - 11:45 a.m.

Instructor: M. Alexander

Cost: Free

Yoga is a way of life moving toward oneness. Through promoting an inner connection, you will have an opportunity to explore your own way of moving and being in basic postures, repetitive rhythmical movements, breath techniques, relaxation, and meditation. Focus will be on enhancing awareness between body-mind-breath, the process of expression, and levels of difficulty as you cultivate your strength, flexibility, coordination, balance, body alignment, stamina, loving kindness, and peace. Wear loose fitting clothing. Ease in transitioning from the floor is required. † See pg. 23 for enrollment information.

EXERCISE ON BROADWAY **MV-LA (class meets T & Th) (No class 11/22)

Date: 9/18 - 11/29

Location: Dance & Movement Rm.

Time: 12:30 p.m. - 1:45 p.m.

Instructor: M. Ridgway

Cost: Age 55+ \$20/others \$84

Tired of the same old exercise routine? Join our "chorus line" as we move our way into fitness to the sounds and choreography of Broadway and popular music. All abilities welcome; no previous experience necessary; work-out attire and leather-soled shoes recommended. No class 11/22. Instructor Marnie Ridgway has over 30 years' experience dancing and getting in shape! **See pg. 23 for enrollment information.



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MEMOIRS **MV-LA (No class 11/22)

Date: 9/20 - 11/29

Time: 12:30 p.m. - 3:30 p.m.

Cost: Age 55+ \$20/others \$84

Location: Meeting Room

Instructor: S. Halloran



Writing one's memoirs is an exciting and effective way to sort out and record the experiences that will be your legacy to future generations. This class will give you the opportunity to review writing techniques and receive constructive criticism from students and teacher. **See pg. 23 for enrollment information.



FIGURE & PORTRAIT DRAWING **MV-LA (No class 11/22)

Date: 9/20 - 11/29

Time: 1:00 - 4:00 p.m.

Cost: Age 55+ \$20*/others \$84*

Location: Arts & Crafts Room

Instructor: K. Young

This is your opportunity to receive quality instruction while drawing portraits and figures of live, clothed, professional models! Instruction will be individualized; class is open to all levels and abilities. A variety of media will be explored: pencil, charcoal, conte crayon and inks. *\$29 model fee payable to instructor at first class meeting.

**See pg. 23 for enrollment information.



LOW IMPACT AEROBICS †Foothill (class meets T & Th) (No class 11/22)

Date: 9/25 - 12/11

Time: 1:00 p.m. - 2:20 p.m.

Cost: \$41 (fee includes both classes)

Location: Multipurpose Rm. A

Instructor: D. Arnold-Ammon

This class will provide a full cardiovascular workout. The class will be aimed at those who want to lower fat, cholesterol, blood pressure and have fun! There will be low impact movement set to music and paired with easy walking patterns. †

See pg. 23 for enrollment information.



QUILTMaking, BEGINNING **MV-LA

Date: 9/13 - 11/15

Time: 1:30 p.m. - 4:00 p.m.

Cost: Age 55+ \$20/others \$84

Location: Multipurpose Rm. B

Instructor: P. Bellamy

Making beautiful quilts and quilted accessories is easy! Let Pat show you how to make special lap quilts from planning to completion in the 9 weeks of class. Anyone with portable machines are encouraged to bring them, and you will need one to use at home between sessions. If you started a project and need help and support to finish, this may be the class for you. Emphasis will be on learning each step of the quilting process. Students are expected to regularly share information and ideas in class. **See pg. 23 for enrollment information.

